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The Flyers' problems start with their coach. 22

DREAM OF HAVING SUPERPOWERS

This real-life gear will grant you a Marvel Universe-level life. 17

Latest on deadly Toronto collision. 8

MOVE-D ON?

The MOVE 9 were convicted of a police officer's death during a Powelton Village standoff with their controversial group in 1978. Now supporters are renewing calls for parole, saying they have been 'rehabilitated.'

6-7

GETTY IMAGES

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5 THINGS YOU NEED TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

MOVE is known to some as a black liberation group advocating a back-to-nature lifestyle, and to others as a deadly cult that kept a well-stocked arsenal in illegal West Philly compounds while threatening violence and harassing neighbors. The final standoff and 1985 bombing of their compound was in many ways precipitated by the earlier 1978 clash with police in Powelton Village where one officer was killed. Now, with parole hearings approaching, supporters of the seven surviving MOVE 9 say they've been rehabilitated. Read more inside and at **metrophilly.us**.

FORMER PRESIDENT GEORGE HW BUSH HOSPITALIZED

1 Former President George H.W. Bush was admitted to a Houston hospital for an infection that spread to his blood a day after the funeral of Barbara Bush, his wife of seven decades, a family spokesman said on Monday. Bush, 93, was admitted to Houston Methodist Hospital on Sunday, spokesman Jim McGrath said in a statement. Bush was seen in a wheelchair on Saturday at the funeral of his wife, the former U.S. first lady, who died last Tuesday. The two had been married for 73 years. "He is responding to treatments and appears to be recovering," McGrath said in a statement. Bush, the country's oldest living ex-president, served a single term in the Oval Office from 1989 through 1993. He was admitted to the same hospital about a year ago for a cough that was later diagnosed as a mild case of pneumonia, McGrath said at the time. Bush is the father of former Republican President George W. Bush, who served two terms from 2001 through 2009, and former Florida Gov. Jeb Bush, who unsuccessfully sought the 2016 Republican nomination for president. George H.W. Bush would write a letter to his wife on each wedding anniversary, Jeb Bush said in a eulogy at the Saturday funeral.

WAFFLE HOUSE SHOOTING SUSPECT ARRESTED

2 Nashville police on Monday arrested the suspect in the weekend killing of four people at a Waffle House restaurant, ending a manhunt that began when the gunman ran naked from the scene into nearby woods, authorities said. Photos posted online by police showed Travis Reinking, a 29-year-old construction worker suspected of opening fire at the restaurant early Sunday morning, in the back of a police car. Looking disheveled, he was wearing a torn red shirt and dirty blue jeans, and had scratches on his shoulder."At 1:07 this afternoon, Travis Reinking was taken into custody in a wooded area near here," Nashville police spokesman Don Aaron told reporters in a news conference near the Waffle House. "He will be booked on four counts of criminal homicide." Reinking, who had a handgun and ammunition when he was arrested, immediately requested a lawyer and refused to answer questions, police said. He will be taken to a hospital for a checkup before being booked. Police said they did not know what the gunman's motive was in opening fire at the 24-hour chain restaurant. "We don't know why he went into the Waffle House," spokesman Don Aaron said.

US AND FRENCH LEADERS MEET IN WASHINGTON, DC

3 President Donald Trump, Brigitte Macron, French President Emmanuel Macron and first lady Melania Trump pose for a photo on the South Lawn of the White House on Monday.

GETTY IMAGES

NO TESTIMONY FROM COSBY AS DEFENSE RESTS

4 Bill Cosby's lawyers rested their case on Monday in his retrial on sexual assault charges, with the comedian declining to testify in his own defense against a one-time friend's accusations that he drugged and raped her in 2004. "Do you, Mr. Cosby, want to testify?" Judge Steven O'Neill asked the entertainer best known as "America's Dad" for his role in the 1980s TV hit "The Cosby Show." "No, your honor," Cosby said in a clear voice, seated with his lawyers in Montgomery County Courthouse outside Philadelphia. Cosby, 80, faces three counts of aggravated indecent assault of Andrea Constand, 45, a former administrator of the Temple University women's basketball team, at his Philadelphia home in January 2004. He also declined to testify at his first trial on the same charges last year, when the deadlocked jury was unable to reach a verdict, leading prosecutors to try him again. The current trial, now in its third week, began on April 9. About 50 women have accused Cosby of sexual assault, sometimes after drugging them, going back decades. All the accusations, apart from Constand's, were too old to be the subject of criminal prosecution.

6-YEAR-OLD DIES AFTER COBBS CREEK ATV CRASH

5 A child riding on an illegal ATV driven by a 26-year-old man that wasn't equipped with lights died on Sunday night after they collided with an SUV in West Philadelphia. The driver of the ATV, who has not been identified, lost his leg as a result of the crash around 11:12 p.m. on Sunday near 63rd and Callowhill streets. The driver of the Jeep Compass they collided with, who remained at the scene of the accident, is facing charges of suspected DUI. Malik Williams, 6, was pronounced dead at 12:15 a.m. at Children's Hospital of Philadelphia on Monday. The two vehicles collided as they were both traveling on 63rd Street near Callowhill Street. The driver of the SUV was headed northbound making a legal left turn, police said, while the ATV was going southbound, and both drivers had a green light. The SUV's driver, 28, was taken into custody pending possible charges of DUI based on responding officers' observation of his behavior at that time. Pending the investigation, the dirt bike's operator could also potentially face charges, possibly including endangering the welfare of a child and reckless endangerment of another person, said Captain Mark Overwise. SAM NEWHOUSE

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Nicole Murray, 24, was found dead in the Poconos four months after she was reported missing. COURTESY OF BRING NICOLE MURRAY HOME

Young woman sought on social media found dead in Poconos

A 24-year-old who went missing in Kensington was found dead after a social media search.

SAM NEWHOUSE
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Jan. 3

The last communication from Nicole Murray was on Jan. 3, 2018. Her body was reportedly discovered on April 20 in Monroe County in the Poconos region.

Nicole Murray, a 24-year-old woman whose family and friends initiated a frantic social media search after she went missing the day after Christmas, was found dead in the Poconos, authorities have confirmed.

"We are heartbroken to confirm that the body found in the Poconos is our beautiful, kind, sweet Nicole," Murray's family announced in a Facebook post on April 21. "Though we only held Nicole in our arms for a short while, we will hold [her] in our hearts forever."

"We are heartbroken to confirm that the body found in the Poconos is our beautiful, kind, sweet Nicole."
Murray family, on Facebook

Murray, of Northeast Philly, was last seen in the Kensington area of Philadelphia on Dec. 26, 2017. She was last seen leaving town with a man only identified as "Poconos Bob," who apparently invited Murray to leave Philly for the Poconos with him.

Through their Facebook group, "Bring Nicole Murray Home," family and friends had posted updates and requested the public's help finding Murray after her disappearance.

"She was last seen on Kensington Ave. and Allegheny Ave.," they posted before Murray's body was found. "She was approached by a man named 'Bob' who asked her to go to the Pocono Mountains with him, which she accepted and, in fact, made it to the Poconos but it seems that she has vanished. We believe Nicole is in danger."

The last communication from Murray was on Jan 3.

She was reportedly struggling with drug addiction at the time of her disappearance. Murray's death is being treated as "suspicious," WFMZ reported, but a cause of death has not been announced.

Her body was reportedly discovered on April 20 in Monroe County in the Poconos region, behind a trailer on a property on the 500 block of Foliage Drive in Tunkhannock Township.

The Pocono Mountain Regional Police Department and Pennsylvania State Police's Forensic Unit are investigating the case. Murray's autopsy was scheduled for Monday, though results could take four to six weeks.

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Your best defense against infertility

WRITTEN BY
Amy Smith

None of us can predict the future, but a reproductive health physical can paint a pretty accurate picture of your fertility. Think of it as a comprehensive workup designed to pinpoint potential problems.

"For a number of reasons, more and more women are delaying childbearing only to find out they have a problem after it's too late to do anything about it," says Dr. Ben Gocial, an infertility specialist at Main Line Fertility. "The concept behind the reproductive health physical is to not turn a blind eye. It's a simple way to find out what, if anything, is going on."

Most patients zero in on age alone, which is important, but Dr. Gocial says there's more to the equation than just how old you are. Do you have any other reproductive concerns, like a history of irregular periods or a preexisting medical issue that may have affected your ability to start a family? These are the kinds of questions that generally guide a reproductive health physical.

"It's always really encouraging when a patient comes in saying, 'I'm not ready to have a child right now, but will in a couple of years; is there anything I should do in the meantime?'" says Dr. Gocial. "This is a very forward-thinking, mature way of looking at things and being prepared. I wish more patients thought like this because it can be what helps us discover a fertility roadblock."

This is especially true for women who have a known problem like polycystic ovary syndrome (PCOS), unpredictable periods, or episodes of sexually transmitted disease, which can damage your reproductive organs.

"A reproductive health physical opens the door for an expert evaluation that either provides some peace of mind or identifies a potential problem," adds Dr. Gocial. "Then if something is going on, we can take the steps to address it sooner rather than later."

According to Dr. Gocial, simply talking with the patient and getting a full medical history is the most important part of the exam. "Eighty percent of the time, we learn the diagnosis of a condition just by having this discussion," he says.

Just know that your family history isn't the end-all, be-all. "Some women will say 'My mother had me at 45 and never had a problem,' or a young woman who hasn't even been trying might say the opposite," he says. "Family history is important, but it's only suggestive. So many people think they're destined to follow in their parents' footsteps, whether it's good or bad."

This is why getting an individualized evaluation is so critical.

During a reproductive health evaluation, women can also expect a typical physical examination, including a pelvic exam. If any concerns come up from there, she may get some blood work or have

an ultrasound, depending on the situation. In other words, it's certainly nothing overly invasive. That said, most insurance plans cover this type of exam because it's considered diagnostic.

"Based on the definition of infertility, the woman needs to be trying to get pregnant, but most women who get a reproductive health physical are simply looking into their potential, so infertility isn't the diagnosis," he says. "I've actually never seen a decline of coverage for it."

Want to get a jump on your future fertility? Main Line Fertility currently has active locations in Paoli, West Chester, Philadelphia, and Bryn Mawr. To schedule a reproductive health physical, visit www.mainlinefertility.com.

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Officials remove bodies from ruins after police detonated a bomb in a 1985 eviction confrontation with MOVE. GETTY IMAGES

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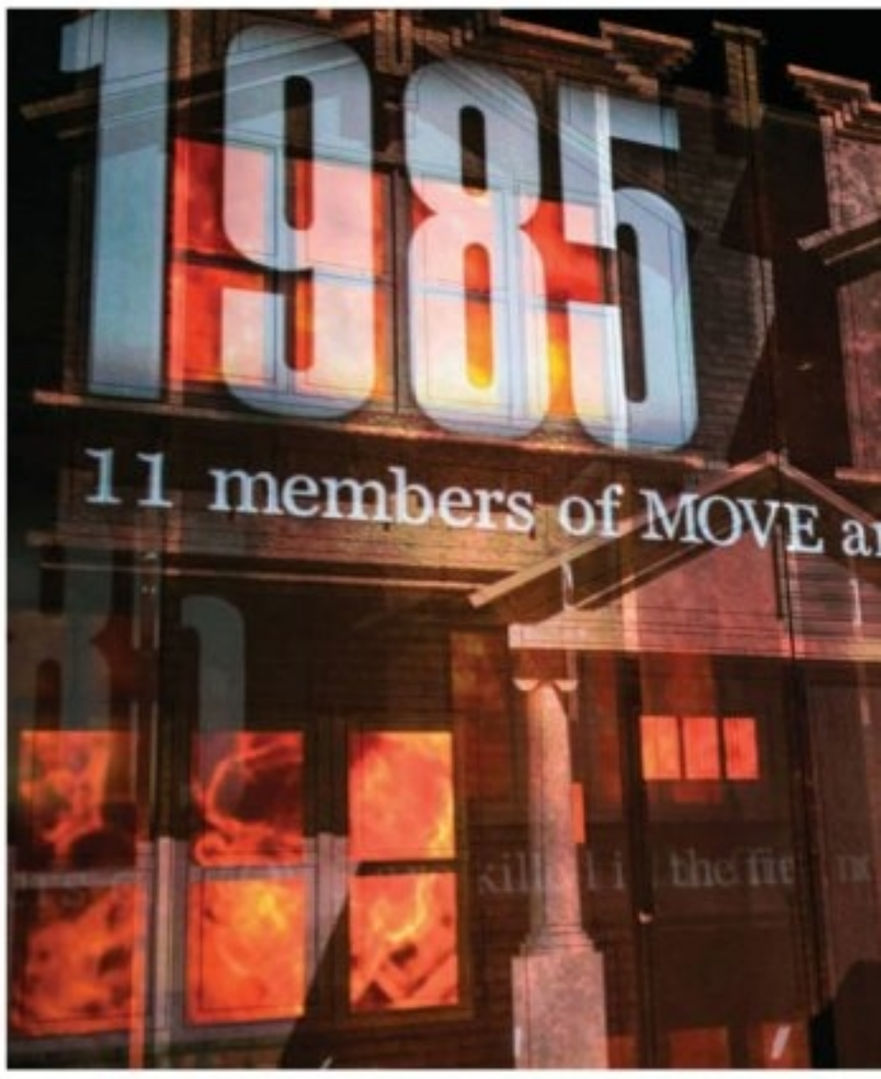

With new parole hearings coming for MOVE 9, supporters push for their release

Supporters of the seven surviving members of MOVE 9, sentenced to life in 1978 for killing a cop, say they have been rehabilitated.

SAM NEWHOUSE
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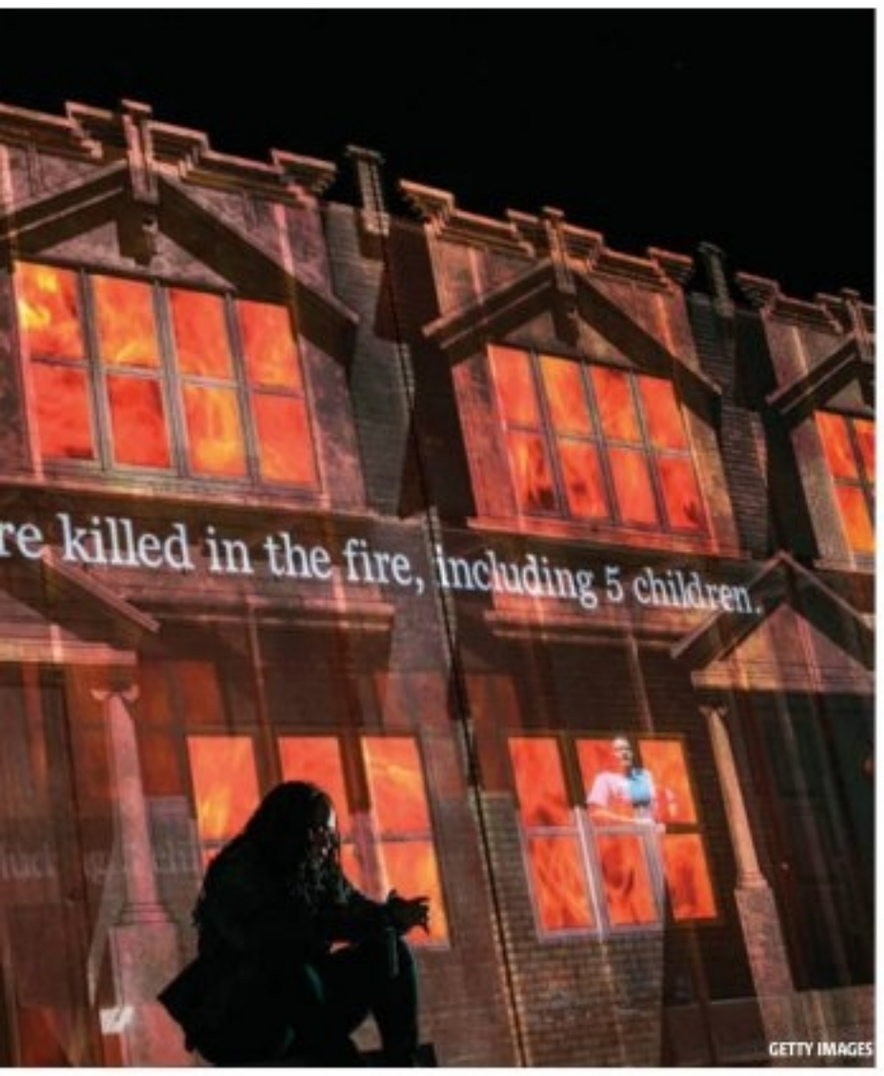
On Aug. 8, 1978, a Philadelphia cop was killed while officers were in a standoff with the controversial black group MOVE at a Powelton Village house. Nine members of MOVE were later convicted of third-degree murder and sentenced to life in prison, 30 to 100 years. As new parole hearings approach on the 40th anniversary of the standoff, supporters of the so-called MOVE 9 (two of whom have died in prison) are renewing calls for their release on parole.

Parole hearings are expected to take place in May for the three women of the MOVE 9, members Janet, Janine and Debbie Africa, and on Monday, their supporters organized a blitz of phone calls, faxes and tweets to the state Board of Probation and Parole, calling on them to grant the women parole. All of the surviving MOVE 9 members have been eligible for parole since 2008, including Eddie, Mike Sr., Delbert and Chuck Africa, but they have been denied parole. (Two members, Phil and Merle Africa, died in prison.)

"They've paid their debt. They've paid and then some," said Michael Africa, 39, whose parents, Debbie and Michael Africa, both members of the MOVE 9, have been incarcerated his entire life. Debbie was pregnant when she was arrested, and Michael said he was born in prison. "This isn't even dealing with Aug. 8, because they've already paid for that. They paid 30 years plus 10 more years than their minimum sentence."



GETTY IMAGES

Michael Africa, Jr., right, and son Tiger with his mother Jeanie Africa, one of the MOVE 9 sentenced to life in prison for a police officer's 1978 murdered. COURTESY OF MICHAEL AFRICA JR.

Philadelphia Police Officer James Ramp was killed on Aug. 8 during the first MOVE incident. Members of MOVE, which calls itself a black liberation group but is also called a cult by some, were heavily armed and were in a standoff with police there to evict them from a Powelton Village home they had occupied illegally for some time. Several police officers and firefighters were injured during a shootout outside the house which ended in a surrender by MOVE.

The incident preceded the more infamous May 13, 1985, bombing by police of the Cobbs Creek house occupied by other MOVE members including founder John Africa. Eleven members inside died, including five children, and some 65 houses were burned in a subsequent fire.

During the Powelton Village incident, some observers said they saw gunfire from the MOVE compound strike Ramp, while MOVE denied responsibility and said he was hit by another shooter or friendly fire. But Michael Africa said Ramp's death should not be the main issue anymore.

"We realize that this is a delicate case. They don't really want to be so quick to let people who are accused of killing a cop on parole. … But the parole board seems to be retrying them, asking them questions about the incident that seem to have nothing to do with the years they've spent," he said. "It's supposed to be, 'Have you been rehabilitated and can you be a member of a society and a productive citizen?' The case has nothing to do with it."

"They paid 30 years plus 10 more years than their minimum sentence."

Michael Africa

All three women of the MOVE 9 are incarcerated at the State Correctional Institution in Cambridge Springs, Pennsylvania, and are due for parole hearings in May. Board of Probation and Parole records for the three women show that they have each had multiple parole hearings since 2008, when they first became eligible under the 30- to 100-year sentences all nine received. All three were denied in 2008 on grounds that included, according to the board's decision, "minimization/denial of the nature and circumstances of the offense(s) committed," "refusal to accept responsibility" and "lack of remorse." At their last hearings in 2016, they were denied for the same reasons, as well as for posing a "risk to the community."

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Driver kills 10, injures 15 plowing van into Toronto sidewalk crowd

The incident was one of the most violent in recent Canadian history.

At least one witness described the driver as appearing to deliberately target victims on his roughly mile-long rampage, according to media reports. GETTY IMAGES

A driver plowed his white Ryder rental van into a crowd in Toronto on Monday, killing ten people and injuring 15 along a roughly mile-long stretch of sidewalk thronged with lunch-hour pedestrians, police said.

The Canadian Broadcasting Corporation (CBC) identified the suspect as Alek Minassian, 25, without identifying its source for that information. Citing government officials, it said Minassian was not associated with any organized militant group.

Officials declined to answer questions about what motivated the driver to steer his vehicle toward people just before 1:30 p.m. in the northern section of Canada's biggest city. They said the driver was in custody and officials stopped short of calling it a deliberate act.

But at least one witness described the driver as appearing to deliberately target victims, according to media reports.

"This is going to be a long investigation," Toronto Deputy Chief Peter Yuen told reporters after disclosing the death toll.

"The investigation is at a stage where no further information can be confirmed at this point," Canada's public safety minister, Ralph Goodale, told a news conference.

"The police are conducting obviously their thorough investigation to determine what happened and why it happened, the motivations involved," Goodale said.

A Reuters witness saw at least two tarp-covered bodies at the site of the incident. Five people remained in critical condition at Sunnybrook Health Services Centre on Monday afternoon, the hospital said.

The CBC aired a video it said was shot by a bystander that showed police arresting a suspect at the scene as he shouted: "Kill me" and pointed an unidentified object at an officer. The video later showed what appeared to be the same man lying on the flood, being handcuffed.

"He kept going, he kept going. People were getting hit, one after another."
Ali, a witness

There has been a string of deadly vehicle attacks in the United States and Europe, including an Oct. 31 attack in New York that killed eight. The Islamic State militant group encourages its supporters to use vehicles for attacks.

The incident was one of the most violent in recent Canadian history.

"It's unprecedented," said John Flengas, acting superintendent of Toronto's paramedic services. We've never seen anything like this in the city of Toronto."

A man who gave his name as Ali told CNN he saw the van and that the driver appeared to have been targeting people.

"This person was intentionally doing this, he was killing everybody," the man said. "He kept going, he kept going. People were getting hit, one after another."

He said a number of the victims were older people and that he saw at one point a stroller fly into the air. REUTERS

EAGLES WHITE HOUSE VISIT

Are Eagles actually going to visit the White House?

It's no secret that the Eagles are a progressive locker room. Led by Malcolm Jenkins, Chris Long and recently departed Torrey Smith, several Eagles' players have suggested that they would not accept an invitation to the White House.

It is customary for the Super Bowl Champions to visit D.C. and have a photo-op with the President. But after Donald Trump called out NFL players like Jenkins for their protest during the National Anthem last season, there was a lot of backlash against the White House in NFL locker rooms.

"For me, it's not just about politics," Smith said at Super Bowl media day. "If I told you that I was invited to a party by an individual I believe is sexist or has no respect for women or I told you that this individual has said offensive things towards many minority groups.... this individual also called my peers and my friends SOBs, you would understand why I wouldn't want to go to that party."

On Monday, the Eagles released the following statement, implying that the team might make the visit:

"We have been in contact with White House representatives and are currently discussing the logistics of an upcoming visit to Washington. We are honored to receive this invitation and view this not only as an opportunity to be recognized for our on-field achievements, but also as an opportunity to engage in productive dialogue with the leaders of our country." EVAN MACY

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Pharma Bro Martin Shkreli's prison sounds cushy AF

He's getting sent up the river on a celebrity cruise.

MICHAEL MARTIN
letters@metro.us

Martin Shkreli's seven-year sentence for fraud looks more like an engraved invitation this week — he was just transferred to a low-security prison that has racquetball courts and holds leatherworking classes.

Dubbed "Pharma Bro" for jacking up the price of a lifesaving AIDS drug 5,000 percent, Shkreli was convicted in March of securities fraud on an unrelated matter. He was found guilty of lying to investors in two failed hedge funds and cheating them out of millions.

Last week, Shkreli was moved from the Brooklyn Metropolitan Detention Center to the Federal Correctional Institution at Fort Dix, a minimum-security prison in New Jersey where there are no bars or locks on rooms. There are, however, bocce ball lanes, a music room and horseshoe games. The prison also offers courses in art, music and leathercraft, Vice reported.

In addition to his seven-year sentence, Shkreli was fined $75,000 and forced to forfeit $7.3 million in savings and a one-of-a-kind Wu-Tang Clan album he bought for $2 million. Shkreli's attorney had argued for an 18-month prison sentence or less. Prosecutors had sought at least a 15-year term.

$75K

Martin Shkreli was fined $75,000 and forced to forfeit $7.3 million in savings.

Shkreli was originally free on bail but a judge jailed him in December after Shkreli offered a $15,000 bounty for a lock of Hillary Clinton's hair.

Martin Shkreli was convicted in March of securities fraud. GETTY IMAGES

WHAT DID PHARMA BRO MARTIN SHKRELI DO, AGAIN?

In 2015, Shkreli raised the price of Daraprim, an antibiotic used to treat AIDS and malaria, from $13.50 to $750 a pill. Although the move earned widespread revulsion, it was not illegal. He refused to apologize, saying his responsibility was to maximize shareholder earnings.

Shkreli will get six months' credit for time already served. There is no parole in the federal prison system, but he could be released after six years for good behavior. Shkreli will serve three years' probation after his release.

Walter "King Tut" Johnson, a New Yorker who's doing life in a medium-security upstate prison, told Vice that Shkreli should skate through his time behind non-bars, if he can manage to keep his trolling in check. "I think that Martin Shkreli will slip between the cracks in prison, because he will more than likely go to a camp where there is no violence," said Johnson. "He will hate being locked up period, though, and probably do a little protesting. If he cries in prison like he did at sentencing, it better be genuine, because tears in prison are taken seriously."

Harold Slutsky, DMD ORTHODONTIST

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Net neutrality is dead, but what happens now?

The internet will return to the same regulation it had before it was changed in 2015.

LENYON WHITAKER
lenyon.whitaker@metro.us

As of Monday, net neutrality is officially dead.

In December 2017, the Federal Communications Commission voted to repeal net-neutrality rules, which were created in 2015 during the Obama-era. The regulations were created to prohibit internet service providers from throttling broadband traffic and banned them from offering "fast lanes." Without net neutrality, internet service providers (ISPs) could control how affordable and how quickly certain content can be delivered to customers.

The FCC voted 3-2 to repeal net neutrality rules on Dec. 14, 2017, and since then tech leaders published an open letter to the Senate Commerce Subcommittee on Communications, Technology, Innovation, and the internet to request that the FCC cancel the vote.

FCC chairman Ajit Pai, who was appointed by President Trump, argues that net neutrality rules prevent broadband companies from innovating and making adjustments to their business models. According to the Pai, internet regulation will return to a "light touch" approach that was in place until 2015, when the Obama administration decided that broadband providers could not block, throttle or prioritize companies or customers that pay more money for broadband service. In 2015, the FCC classified broadband service as a utility that was regulated by the government.

With net neutrality gone, service providers such as Verizon, Spectrum, Comcast and others could potentially change the way they charge you for their services and content. Under the repeal, broadband providers are still required to disclose when they decide to alter Internet traffic or when they offer faster service for customers who pay more.

Federal Communications Commission Chairman Ajit Pai speaks to members of the media after a commission meeting on Dec. 14, 2017, in Washington, D.C. GETTY IMAGES

WHO CONTROLS THE INTERNET SINCE NET NEUTRALITY IS DEAD?

As of April 23, 2018, the Federal Trade Commission (FTC) has control over internet providers to ensure that Internet service providers do not violate contracts with customers.

WILL THE END OF NEUTRALITY REPEAL AFFECT ME NOW?

The repeal of net neutrality could affect how we use the internet in the future. Internet service providers could have the ability to make changes to their business models to provide content quickly to customers willing to pay more, while lower paying customers may not have certain content available to them. Despite the drastic change to end the regulation of the internet, it's unlikely you will notice any of these changes soon.

However, you may notice changes over time. Since the internet will no longer be regulated by the FCC, consumers will be at the mercy of broadband services. Companies could begin to create bundle packages that will grant users access to certain content on the Web similar to the way cable providers offer special TV channel bundles for its customers.

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An average American birth costs as much as delivering a royal baby

We'll never be royals, but we pay for babies like we are.

MEAGAN MORRIS
letters@metro.us

You might not think you have anything in common with Prince William and Kate Middleton, but you do — and it's probably not for the reason you hoped. According to a 2015 survey by the International Federation of Health Plans, the cost of delivering a baby in the United States is on par with what it takes to birth a royal baby.

$30,000
The average cost of a natural birth in the U.S.

THE COST OF DELIVERING A BABY IN THE UNITED STATES

According to the survey, the Lindo Wing of London's St. Mary's Hospital charged about $8,900 for a 24-hour stay in a luxury suite (without a cesarean birth). The equivalent cost of delivering a baby in the U.S. was $10,808.

Of course, that estimate doesn't include the extra costs Middleton incurs for her post-delivery Jenny Packham dresses and glam squad. But whatever the cost, it's likely still cheaper than the roughly $30,000 new American parents pay for natural births — and $51,000 for cesareans.

The good news: The out-of-pocket number families have to pay to bring their babies into the world is largely covered by health insurance, though that number depends on the state. Giving birth in Alaska sets parents back the most — over $10,000, according to a 2017 study by Money and Fair Health — while Alabama is the cheapest at just over $5,000.

However, that $5,000 is still more expensive than maternity care in the U.K.

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Recent data showed that the cost of delivering a baby in the United States is on par with what it takes to birth a royal baby. GETTY IMAGES

UK MATERNITY CARE COST

Giving birth in the Lindo Wing is a luxury that only those who opt for private maternity care. The country's National Health Service pays for all prenatal, birth and postnatal care for new moms who are "ordinarily" residents of the U.K. Certain European nationals and immigrants are also exempt from paying. Others who fall outside those groups may be asked to pay for care, "but you cannot be refused care if you cannot pay at the time you receive care," according to the advocacy group Maternity Action.

Private care in hospitals like the Lindo Wing are on par with the U.S. for basic services, but charges rack up quickly with add-ons like extra nights ($1,650) and other prenatal and postnatal services. "The bill you get at the end is very long and slightly scary," British mom Sarah Harcourt told the Evening Standard in 2013 of her experience in the Lindo Wing. "You pay for breathing really. But I was quite anxious about giving birth and felt I wanted the kind of concentrated attention the Lindo offers."

And there are plenty of amenities, ranging from the standard Wi-Fi and modern decor to meals prepared by chefs on site.

But luckily Middleton — known for being thrifty by wearing outfits multiple times — will get a 10 percent discount for giving birth to her third child there.

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LIFESTYLE

There's a reason these snaps will seriously set you back.
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How to make your wedding photos go *viral*

Pricey pics that will hopefully be invaluable, till death you do part.

HENRIETTA JONES
letters@metro.us

Everyone wants to immortalize their wedding day (unless you're a celeb, then by wedding 5, you'd love the photos from your first four marriages to magically disappear). However, having your wedding snaps go viral often comes down to knowing the right people, or because something went very, very wrong. While not everyone can have a best friend at Vogue, or wants to be that bride who fell into the swimming pool, there are several ways you can ensure your wedding photos go viral

Plan things down to the minute — and stick to it.

Find the right photographer

There's no point hiring a mechanic to make a soufflé, so Jim, the accountant from work who's thinking of getting into wedding photography, is not the one to trust with the images you'd run out of a burning building with. Find a photographer with work reflects the look you want, has the skills needed and is also one you get along with.

Don't be cheap

Surprise! Weddings are expensive. And who would have thought buying a hundred guests dinner and drinks would involve selling a lung on the black market? Pour your cash into what's most important to you — and if you want decent photos, expect to pay a decent price for using a professional. Wedding site TheKnot.com advises setting aside, on average, 10 to 12 percent of your total budget on your photos.

Time

Getting your timeline right is crucial — showing up late to the altar, and not accounting for traffic between your ceremony spot and your photo location, means less time for bridal portraits. And don't forget, people who rush do tend to look ... extra. Furthermore? You're spending a pretty pile of pennies on this experience, and any wedding photographer worth their weight will charge you overtime if you explode the schedule.

Timing

Chances are if you opt for a noon wedding on the beach, you're going to look like a squinting, sunburnt lobster. The trick to any good photograph is lighting — and that golden hour just around sunrise and sunset is best for couple shots. Once you have your vision, date and venue in mind, it's time to contact a photographer. Yes, even before ordering the save-the-dates. Because their input will be invaluable in putting together your run-of-show for the big day.

Don't court disaster

Sparkler exits are more memorable for the severe burns inflicted when drunken idiots are given burning sticks than their ethereal Instaworthiness. Anything involving pyrotechnics, live animals, trespassing, railway tracks, circus tricks, and standing on the edge of buildings, wharves or cliffs really shouldn't happen unless you know what you're doing (and are largely sober).

Vet your photographer well!

Don't go viral for the wrong reasons

Unless you want to be featured in a wrap up of oompa-loompa brides, stay away from fake tan. Whether it's a $12,000 ball gown or a $120 knock-off from Ebay, get your dress fitted so you don't look like you're walking around in a Champagne-colored sequined potato sack. And hire a makeup artist who doesn't use a shovel.

Be unique

Ditch Pinterest, stop bookmarking images from other people's weddings, avoid selective coloring, and tell your mom you don't want pictures of your bridesmaids bouquets dripping on your dress in a surreal '80s flashback to her own dusty album. Forget what's trendy and create a wedding that represents you. A great wedding photographer will sit down to get to know you and inform your shots.

Real is in

The best photos — and the ones that are going viral — are the ones where the photograph represents something real. Be true and authentic to your own partner on your wedding day and let the love shine through. After all, a picture is worth a thousand words.

5 Gadgets that can convert you into a superhero

Most superheroes have powers that make them special, which they use to defeat villains. However, others as Batman or Iron Man, bet on their intelligence and tech devices to fight the evil. Metro highlights the best gadgets you can use to feel like your favorite comic characters.

DANIEL CASILLAS MWN

ALL PHOTOS PROVIDED

x2 Sport

Aquaman is one of the most popular superheroes in the DC Comics universe and, perhaps, the strongest one, when it comes to underwater battles. Now anyone can swim like Aquaman thanks to the x2 Sport Underwater Jet Pack, a wearable propulsion system that revolutionizes the underwater experience bringing the adrenalin of action sports to the underwater world, enabling you to explore the ocean with the power and grace.

Flyboard Air

The Goblin Glider of the Spiderman's villain has always been popular among comic book lovers. And the company dubbed Zapata has created a real version called Flyboard Air that uses turbine engines over conventional electric propellers and features intuitive flight controls. It's capable of flying at an altitude of nearly 2 miles, can reach a speed of close to 100 mph and can be used for up to 10 minutes.

Skeletonics suit

Ironman, for example, created a suit to protect himself in battle. Similarly, a group of Japanese engineers developed Skeletonics, a mechanical exoskeleton suit that mimics your movements. It allows users to walk, stretch their arms, and perform other dynamic moves.

BMW Alpha

Many of the Batman fans were surprised with the motorcycle the superhero used in "The Dark Knight." The German multinational company developed a prototype that looks very similar, though without the weaponry, called BMW Alpha. Developed by Turkish designer Mehmet Doruk Erdem, it provides a glimpse into the future of motorcycles.

Myo

In the Star Wars universe both the Jedi and the Sith are able to manipulate and move objects at a distance thanks to their mental powers. In real life you can do something similar with Myo, a wearable that users can put on their forearm. It allows to control computers, TV sets, video games, drones and robots with arm movements!

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Why an MBA is more important now than ever

Get yourself to grad school to set the foundation for success.

KARL SAINT LUCY
letters@metro.us

The job market sucks. Career fields that have historically been great for salary and prestige, like medicine, law and engineering, have become saturated markets for job seekers. Millennials, despite being the most highly educated generation in history, face an unprecedented amount of debt and poor job prospects after they earn their degrees. It may seem that going after a graduate degree is pointless, but have you considered an MBA? Business is a gamble, but so is any career in today's economy. A graduate degree in business administration could be just the ticket.

Innovation

The old ways of doing things are exactly that ... old. Entrepreneurs like Tesla's Elon Musk and Nike's Phil Knight — who both hold MBAs — are only two in what's sure to be a long line of future innovators who change the way we interact with the world. An education in business administration provides the solid concepts of business that allow for the creative risks of enterprise.

Flexibility

While specialized business degrees are great for seekers who have a particular interest within an established market, MBAs provide a bird's-eye-view of the concepts of business administration that

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Compensation

MBA graduates are paid well. According to Poets & Quants, most of the top 25 highest-paying business schools show MBA holders earning six digits in their early careers. Stanford Graduate School of Business graduates show an early career median pay of $128,700.

While Harvard's early career median salary is $118,100, Harvard degrees gather value over time, topping the highest mid-career median salaries on the list at $204,800.

Satisfaction

A Forbes survey of 17,000 MBA alumni puts Stanford GSB, UC Berkeley (Haas) and Carnegie Mellon (Tepper) at the top of its list of most satisfied MBA graduates. On a personal note, Eric Jackson, a tech and media investor and contributor to Forbes, lists "the chance to realize how little you understand about the world," "the chance to refocus yourself" and "the chance to make some lifelong friends who will accomplish great things over their careers in business" as a few underrated reasons to pursue an MBA.

It's true Mark Zuckerberg and Bill Gates both dropped out of Harvard to start highly successful businesses, so if you've got the next Facebook already planned out, skip more schooling. For the rest of us, B-school for an MBA might just be the ticket.

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How smartphones are affecting your sleep...

Even keeping your phone handy as an alarm can be bad for your z's. ISTOCK

... and what to do about it.

JENNIFER LOGUE
jennifer.logue@metro.us

Are you one of those people who sleeps with your smartphone? According to Dr. Thanuja Hamilton of Advocare Pulmonary and Sleep Physicians of South Jersey, you're not alone.

"71 percent of Americans sleep with their phone in their bed, hand or nightstand," she says. "A patient recently was complaining that her husband sleeps with his phone in his hand because he's afraid of missing the alarm."

But keeping a smartphone in the bedroom, even if it's out of your hand on a nightstand, could be negatively affecting the quality of your sleep.

"Anytime the phone rings, beeps or lights up, it can cause a startling

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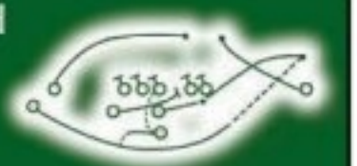

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Dr. Thanuja Hamilton, sleep physician
KATHY THURSTON

effect — resulting in microarousals or even a complete wakening."

What's a microarousal?

"Your brain wakes up even though you may not be aware of it," she says. "Microarousals affect the quality of your sleep."

Yikes! Even if you don't wake up fully, a simple buzz from your smartphone could be waking up your brain.

Night light

What's more, looking at our devices before bedtime can also be a problem, due to the emission of blue light.

"It keeps the brain stimulated," says Hamilton. "Circadian rhythm, our body's internal clock, is controlled by melatonin, which is what tells us to sleep. Blue light suppresses melatonin, keeping us awake."

She adds that if you're the kind of person who relaxes at night by scrolling on your phone or watching TV, you're not relaxing at all, because the blue light is keeping you awake. It also increases sleep latency, or the time it takes to fall asleep.

Sleep disruption and sleep latency take its toll on a good night's rest by limiting the amount of restorative sleep we get.

"The restorative, memory consolidation stage of sleep happens late at night," says Dr. Hamilton. "By preventing the induction of sleep, we have less time to cycle through our stages of sleep and we get less of it."

And this can lead to some major health complications.

71%

OF AMERICANS SLEEP WITH THEIR PHONE IN THEIR BED, HAND OR NIGHTSTAND

A groggy morning's the least of your worries

"Sleep deprivation increases the risk for all sorts of health conditions like hypertension, diabetes heart disease, depression, dementia and more," she says. "It's our clean-up time."

So how can you outsmart a smartphone?

Hamilton says using Night Shift mode is a start.

"The industry is recognizing the need to reduce the emission of blue light," she says. "You still want to turn off your smartphone at least an hour before bed, however. Then give yourself a new relaxing bedtime ritual like reading, writing or spending more time with your partner."

For more information on Dr. Thanuja Hamilton, visit: advocarepspsj.com.

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SPORTS

OPINION

FLYERS OFFSEASON SHOULD START WITH A SEARCH FOR A NEW HEAD COACH

GLEN MACNOW

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

The Flyers have not advanced past the first round of the playoffs since 2012. GETTY IMAGES

In the end, for the 43rd season in a row, the Flyers skated off the ice as losers. Even as some of the gray-haired heroes of those prehistoric Stanley Cup days watched from the rafters in South Philadelphia, angry fans spotted the ice with beer cans.

Let's agree it was a handful of idiots hurling 12-ounce missiles. But let's also agree that most orange-and-black loyalists are justifiably out of patience. They paid outrageous ticket prices to watch the good guys cough up 18 goals in three home playoff losses. No amount of dragging Kate Smith out of the crypt will fool people into thinking the good times have returned.

Okay, let's back up a second in this post-mortem. As hideously as the Flyers played in Sunday's third period — along with the two other home games this series — there are positives worth recounting. Sean Couturier had a season and a series to celebrate, capping it by scoring five points in the finale while skating on a torn MCL.

Overall, the Flyers are more talented than they were a year ago. Ivan Provorov is an elite young player, and a half-dozen others on the roster are still ascending. GM Ron Hextall's farm system promises more help next season. And, finally, they've got money to spend on free agents.

But there are major concerns. The goalie they've been waiting for since the 1980s (Carter Hart), is perhaps several years away from being able to actually grow a playoff beard. As the Flyers wait for Hart and other pups to mature, their leadership nucleus of Claude Giroux-Jake Voracek-Wayne Simmons just gets older.

I won't rip Giroux here. Yes, there's no excusing his six-game playoff performance (1 goal, 2 assists). But the Flyers wouldn't have made the playoffs without Captain Claude's 102-point season. The big question is one of timing: Will Giroux, Voracek and Simmons still be at their peak when the young talent finally ripens?

Actually, the biggest question to me is who leads them. I've never been a fan of coach Dave Hakstol, who has a three-year record of 122-124 (counting OT losses) and has not won a playoff series.

I saw the same dumb penalties and lack of discipline plague the Flyers in this round as I have for three seasons. At some point, that falls on the coach. I saw the same curious pairings and head-scratching overuse of bad players (Hellllooo, Radko Gudas). I saw a team that too often fell asleep and allowed quick-strike multiple goals.

I saw a coach unable to make adjustments in games or after losses. That's exemplified by the passive, perimeter-passing power play the Flyers tried right to the end on Sunday.

And, of course, this Flyers team was blessed and cursed by its streakiness. They would look great for a week or two, and then reel off a 10-game losing streak. Just when you thought they had figured it out, they'd do a face plant.

It's easy to say Hakstol's silent, stone-faced demeanor fails to inspire. I don't disagree, but I think that's just part of the equation.

This is a huge off-season for Hextall. As he reviews what he's got moving forward, he probably should start by looking at the coach.

Flyers in the playoffs

2017-18
Lost in first round to Pittsburgh in 6 games

2015-16
Lost in first round to Capitals in 6 games

2013-14
Lost in first round to Rangers in 7 games

2011-12
Defeated Penguins in first round in 6 games; lost to Devils in 5 games in second round

2010-11
Defeated Sabres in first round in 4 games; lost to Bruins in 4 games in second round

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What will it take for Sixers to close out Heat in 5?

It's been a season of firsts for the Sixers.

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And with a 3-1 series lead as the Sixers return home to face the Heat, at 8:00 p.m. on Tuesday, another first is on the horizon: the first chance to close out a series — and be the first team in the East to move on.

While many Sixers contributors have never been here before, a handful have. J.J. Redick is the veteran in the locker room and knows from his days with the Clippers how tough it can be to slam the door shut in the postseason.

"You have to deliver a crushing blow," Redick said. "You have to finish them. A team like Miami, their group of guys, they have fighters, they have warriors on their team. Every game in this series has been tough. There's no indication Game 5 will be any different."

Blow is a particularly illustrative term. The Heat and Sixers have played a physical series, exchanging eight technical fouls in four games — eight of 30 technical fouls called throughout the entire playoffs thus far.

From playful shoving and trash talking to Justice Winslow stomping on Embiid's mask, to hard screens and everything in between, the Heat-76ers series has been everything fans have hoped for and more. And it could be amplified with the Heat up against the wall Tuesday night.

"You don't have to be a wise man to know what is about to happen," Sixers head coach Brett Brown said, "and what style of play they are going to play, especially if they are going to be going home if they can't find a way to win."

Brown, a student of the game and experienced playoff assistant from his days with the Spurs dynasty teams from the last decade and a half, is ready for Tuesday and knows how important it is to stop the Heat before they gain confidence prior to a potential Game 6 back in Miami.

"When you study 3-1 series, and I have all weekend, you see different things you are mindful of," Brown said Monday." The defensive side of things is always number 1 for me, and then just the discipline of team basketball offensively is a really close second." EVAN MACY

A win in Game 5 would mean some extra rest for Joel Embiid. GETTY IMAGES

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Eagles clearing cap space, but why?

In technicality, there is no actual penalty for NFL teams if they are over the salary cap.

Teams have a limit of around $177 million to spend on players in the 2018 season, and the NFL will, presumably, make any transaction that goes over the cam threshold invalid.

That being said, the Eagles are strapped for cash. Or at least, they were.

Monday the team — and Brandon Brooks — announced that the Pro Bowl guard had agreed to have his contract restructured converting $7.96 million of his 2018 salary into bonus, which cleared $6.36 million in cap space. Just a few days before that, Nick Foles had a resctructure as well. The Super Bowl MVP was awarded a $2 million signing bonus and can earn up to $14 million in incentives if he becomes the starter. He also has a "mutual" team option which could have him back in 2019 for $20 million — or he can give back the $2 million signing bonus to become a free agent.

Nick Foles now has the option to stay in Philly through the 2019 season. GETTY IMAGES

Brooks was more than happy to do his part to provide some of the funds to keep Foles happy in Philadelphia (despite his assumed role as Carson Wentz' back up again in 2018).

What about the rest of the savings?

Well, Dez Bryant is available.

The Eagles aren't particularly in need of a wide receiver, but the former Cowboy who was cut last week has size and strength and could be a really good fit in an offense like Philadelphia's. Bryant also, upon leaving Dallas, stated his desire to return twice a year to make his former team regret their decision. Which means an NFC East signing could be on Bryant's mind.

The Giants recently dropped veteran wide receiver Brandon Marshall, making them a candidate to sign the wideout as well. And the Redskins have quite a bit of cap space remaining should they decide to take Bryant up on his offer.

Regardless, Philadelphia has a little flexibility — which is good. Having the ability to make a large variety of moves on draft day (fast approaching this Thursday) is certainly a smart move for the Eagles front office.. EVAN MACY

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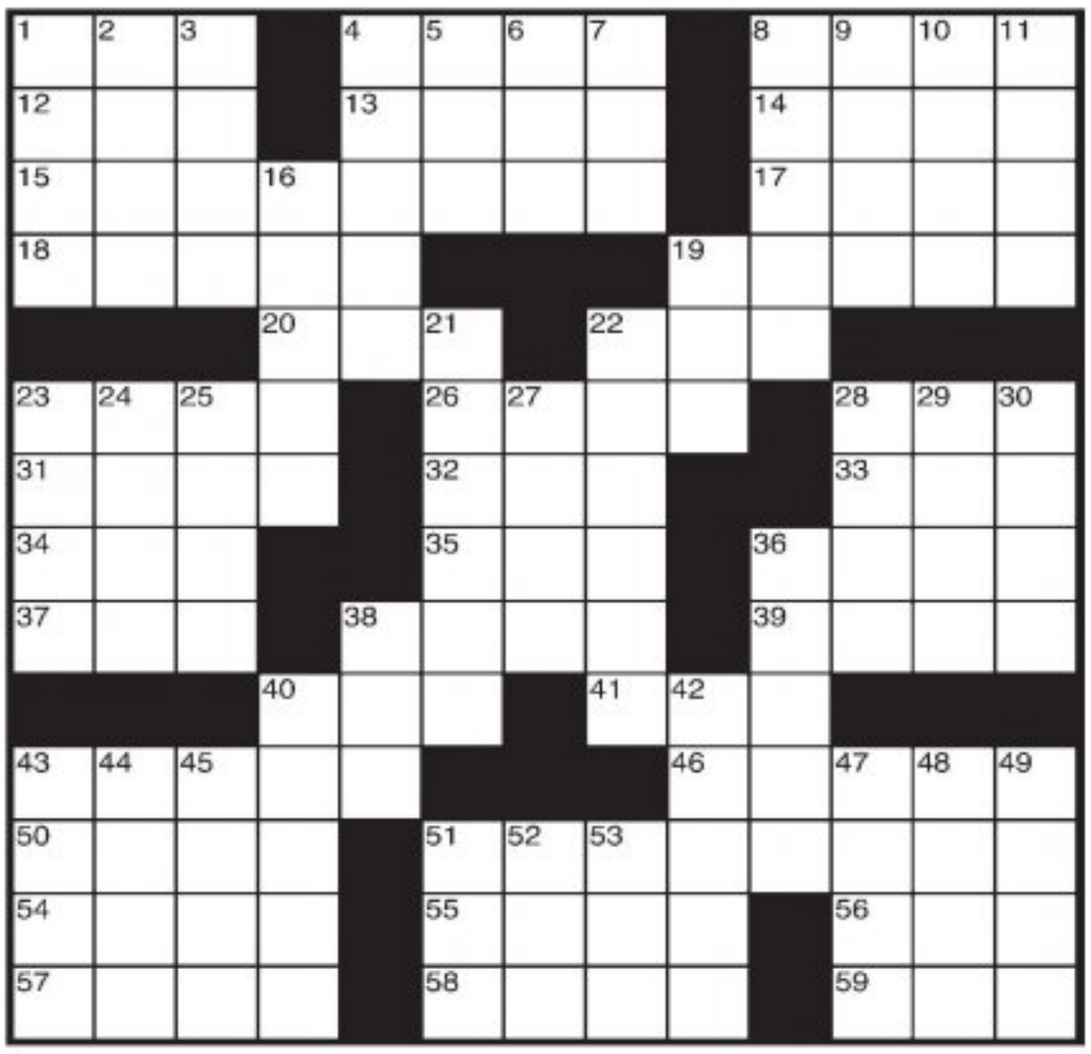

ACROSS

1 Kirk, to Bones
4 Slowdown
8 Shacks
12 Fort near Monterey
13 Buffalo's lake
14 Press
15 Blossomed, as corn
17 Type of second
18 Knave
19 Improvise (hyph.)
20 Weathervane dir.
22 Common ailment
23 Without, to Pierre
26 Rainbow goddess
28 Utility bill abbr.
31 "Breaking –"
32 Watch pocket
33 Mauna –
34 Cask
35 Groovy
36 Complaint
37 Journal VIPs
38 Dog-owner's shout
39 Break
40 Milk qty.
41 Vive le –!
43 Used solder
46 Pine Tree state
50 Curved molding
51 Risked
54 Seine aits
55 Delhi nursemaid
56 Years on end
57 Rochester's Jane
58 Meditative exercise
59 Miscellany

DOWN

1 Scribbles down
2 Persia, today
3 Dept. store inventory
4 Scallions' kin
5 Web addr.
6 Deceive
7 Pioneered
8 Devotee of Krishna
9 Europe-Asia range
10 Ms. Tennille
11 Elitist
16 Brash
19 Hirt and Pacino
21 Paris' – Tower
22 Minor liar
23 Rice wine
24 Amazed
25 Harps on
27 Shuttle launch sound
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29 Misfortunes
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36 Prickly plant
38 Possessed
40 Formation fliers
42 Insurance center
43 Pate de – gras
44 Unsightly
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47 Concept
48 Garish sign
49 Ms. Ferber
51 Cow chow
52 –, amas, amat
53 Zig opposite

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easy

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hard

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					8		3	
					9		6	2

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Aries Sign up for something you would like to do, but first take care of your responsibilities to avoid backlash from someone who depends on you.

Taurus Take care of your responsibilities and refuse to let anyone talk you into spending money on something you don't need. Avoid someone using manipulation to try to get their way.

Gemini Initiate the changes that will make your home life better. An opportunity will come from an unexpected source. Instigate a move that is long overdue, and don't look back.

Cancer Refuse to let anyone force unwanted change on you. Walk away and proceed to do your own thing rather than go through the motions to please someone you don't agree with.

Leo Prepare to make a change. An offer will be too enticing to pass up, but also worrisome due to what other people will think or feel about your choice.

Virgo The changes others make or the temptation that is dangled in front of you should not entice you. You are better off observing, gaining experience and doing your own thing.

Libra Refuse to let your emotions get you into trouble. When it comes to important decisions, a practical approach will exceed an unpredictable move. Protect your reputation.

Scorpio Spend some time with colleagues participating in some relaxing or enjoyable activities. Having fun with the people you work with will make your job less tedious.

Sagittarius Take better care of your health and emotional welfare. Someone will take advantage of you if you show your vulnerability. Concentrate on finishing what you start.

Capricorn A change someone makes will entice you to follow suit. Don't get involved in a risky venture that you know little about. Moderation should be implemented.

Aquarius Concentrate on what you can accomplish and work alongside like-minded people. Your success will be determined by what you do and who you align yourself with.

Pisces An unexpected change at work or with one of your peers will cause anxiety. Don't feel threatened by what's going on. Do your best and finish what you start. EUGENIA LAST

Yesterday's answers

M	A	R	T	■	E	W	E	R	■	D	D	T
E	M	U	S	■	P	A	L	E	■	Y	E	A
N	O	N	P	R	O	F	I	T	■	E	S	P
U	K	E	■	O	C	T	■	O	L	D	I	E
■	■	■	A	S	H	■	B	R	A	■	■	■
L	E	A	C	H	■	H	A	T	B	O	X	■
Y	I	P	E	■	C	O	B	■	■	M	M	C
E	R	E	■	■	A	L	A	■	D	E	E	P
■	E	S	C	A	P	E	■	M	A	N	N	A
■	■	■	N	I	P	■	G	I	N	■	■	■
T	U	R	N	S	■	T	E	N	■	Y	O	U
U	S	O	■	L	O	O	S	E	L	E	A	F
B	E	A	■	E	R	O	S	■	E	C	H	O
S	S	N	■	S	O	L	O	■	T	H	U	S

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- **FOLLOW-UP VISITS**
- **COMPENSATION UP TO $900 FOR TIME AND TRAVEL FOR COMPLETING STUDY REQUIRED VISITS**

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